

CROSS COUNTRY WORKOUT SCHEDULE
For the Week of October 3rd-10th, 2011

Monday, 10/3:

Black: 8 miles as you feel

Purple: 50 minutes as you feel

For those racing Wednesday: 12 minutes warmup/cooldown: 8 x 2:00H, 1:00E

Weightroom

Tuesday, 10/4:

Black: 2 miles warmup/cooldown: 2 x (4:00H, 1:00E; 3:00H, 1:00E; 2:00H, 1:00E; 1:00H, 3:00E)

Purple: 12 minutes warmup/15 cooldown; 2 x (4:00H, 1:00E; 3:00H, 1:00E; 2:00H, 1:00E; 1:00H, 3:00E)

Those racing on Wednesday: 30 minutes, followed by 10 x 100m striders

Wednesday, 10/5:

Concorde District Meet #2 @ Lake Fairfax...bus leaves at 2:25 pm.

For those not racing:

Black: 10 miles easy

Purple: 46 minutes

Thursday, 10/6:

Black: 7 miles as you feel

Purple & White: 40 minutes easy

Weightroom

Friday, 10/7:

Black: 2 miles warmup/3 miles cooldown- 5 x 1000m @ Rocky Run- 5:00 Blocks

Purple: 15 minutes warmup/cooldown- 5 x 1000m @ Rocky Run- 5:30 (boys)/6:00 (girls) Blocks

White: 12 minutes warmup/ 15 cooldown- 4 x 1000m @ Rocky Run- 5:30 (boys)/6:00 (girls) Blocks

Saturday, 10/8:- **8:30 am @ CHS**

Black: 6 miles as you feel

Purple: 40 minutes easy

White: 35 minutes easy

Weightroom

Sunday, 10/9:

Black: 7 miles as you feel, including 10 x (:30H, :30E)

Purple: 45 minutes as you feel

White: 40 minutes as you feel

Monday, 10/10: **Meet @ CHS- 9:00 am (COLUMBUS DAY)**

Black: 10 miles as you feel

For those not racing Tuesday: 42 minutes as you feel

QUOTE OF THE WEEK:

"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself."

-John Bingham